



# MEDICAL CHECKUP Information



# Let's think about your healthy life in another 10 years.

What would you do 10 years from now?

Most of people will say that "I will be working hard" or "I will be enjoying travel".

Everybody wants to imagine its own bright future thinking about without economic situation.

Would you stay healthy 10 years from now?

Most of people will answer this question "I don't know."

Machines can be used for the long time by periodical maintenance.

Likewise we need to take the periodical check-up and find a sign of disease, and you can enjoy your work and holidays.

Do you think it is the first step to examine yourself for keeping your health?

## Roppongi Hills Clinic is...

1

### **Advanced and specialized examination**

We offer accurate diagnoses by utilizing the latest type of medical equipments and deliver a smooth medical treatment by supplying a combination of medical check-up and care.

2

### **Follow-up by a specialist**

Your medical check-up is continuing after you got the result paper. We will make a personalized follow-up treatment.

3

### **Comfortable atmosphere 1**

We provide only female days for relaxed examination.

4

### **Comfortable atmosphere 2**

We open on Saturday for busy person. Why don't you visit with couple?

5

### **Lunch at Grand Hyatt Hotel**

We offer a special lunch ticket of Grand Hyatt Hotel. Please enjoy the tasty meal after examination.

This is the most basic course in our clinic. Two main reasons for taking medical check up are secondary prevention, which is based on early detection and rapid cure, and primary prevention, which prevent disease outbreak. Lifestyle-related diseases such as hypertension, hyperlipemia, and diabetes are often become beyond cure when a person notices a subjective symptom. Perceive your own health periodically and improve a lifestyle habit is a first step for your healthy life.

## Item

<b>CONSULTATION</b>	Consultation & Interview
<b>PHYSICAL MEASUREMENT</b>	Height, Weight, Body Mass Index
<b>PHYSIOLOGICAL EXAMINATION</b>	Hearing Acuity (1000Hz/4000Hz), Pulmonary Function Test, Blood Pressure, ECG
<b>EYE EXAMINATION</b>	Vision Test, Intraocular Pressure, Retinal Camera
<b>BLOOD TEST</b>	AST(GOT), ALT(GPT), $\gamma$ -GT, Total protein, Albumin, Total Bilirubin, LDH, ALP, Amylase, Creatinine, Urea nitrogen, Total-cholesterol, HDL-cholesterol, LDL-cholesterol, Triglyceride, Fasting glucose, HbA1c, Uric Acid, Na, Cl, K, RBC, WBC, Hemoglobin, Hematocrit, Platelet count, MCV, MCH, MCHC, Serum iron, Baso, Eosino, Lympho, Mono, Neutro, CRP, HBsAg, HCVAb, RPR
<b>URINE TEST</b>	Protein, Glucose, Occult blood, Specific gravity, Urobilinogen, Bilirubin, Urinary sediment, pH, Helicobacter pylori Ab
<b>STOOL TEST</b>	Occult blood reaction (2 days method)
<b>IMAGING STUDY</b>	Chest X-ray CT, Visceral Fat Area Measurement with CT
	Upper gastrointestinal tract exam. (Esophagus, Stomach and Duodenum) ※Choose GI series or endoscopy
	Abdominal ultrasound (Liver, Gall-bladder, Spleen, Kidney, Pancreas)
	Mammography (only for women), Breast ultrasound (only for women)
<b>TUMOR MARKER</b>	CA19-9, PSA (only for men), CA125 (only for women)
<b>GYNECOLOGICAL CHECK</b>	Intravaginal examination (only for women), Pap smear (only for women)
<b>OTHERS</b>	Lunch at Grand Hyatt Hotel after checkup

## Hall



## Report (e.g. Super Checkup)



## CD-ROM

All result will be sent with report paper and CD-ROM in every providing course. The CD-ROM burned all examination images which you took on the day. This format can play in your PC and other medical instructions too.

This course mainly focuses on finding cancer. Imagings and tumor maker offer useful diagnostic information, which leads to early detection of cancer. MRI is especially effective to find a gynecological and urological disease.

## Item

IMAGING STUDY	CT Scanner (Cervix, Chest and Abdomen)
	MRI (Abdomen and Pelvic)
	Thyroid ultrasound
TUMOR MARKER	CEA, SCC, AFP
CYTOLOGY	Sputum cytology, Urine cytology

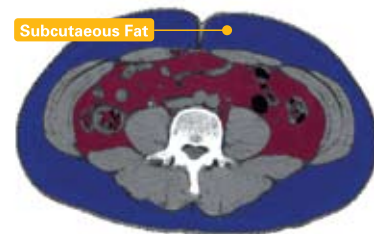


## BASIC CHECKUP ITEMS

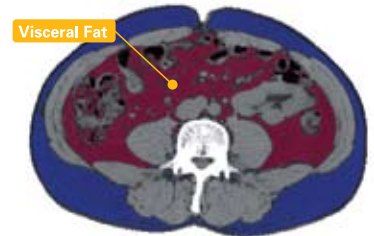
### ■ Multislice CT



### ■ Subcutaneous Fat Type of Adiposis



### ■ Visceral Fat Type of Adiposis



CT scan is an effective tool to detect cancer, also to measure visceral fat area.

Visceral Fat Type of Adiposis, excess fat accumulates around internal organ, is a dangerous situation that may cause hyperpiesia, diabetes, arteriosclerosis and etc.

So, CT scan helps to find out the type of adiposis unlike simple abdominal measurement.

MEDICAL  
CHECKUP

# SUPER CHECKUP

## SUPER CHECKUP PREMIUM

Time required  
5 hours

Time required  
5 hours + 2 hours  
(first day) (second day)

This comprehensive protocol covers all basic, cancer, brain and cardio vascular checkup menu. This enables you to check your whole body in short hours and provides you with the diagnosis of cancers, cardiac and cerebrovascular disease in the early stage. This protocol covers super checkup items and detailed examination for diabetes. This package also includes one night hotel stay, a dinner and two lunches, which support comfortable schedule.

(Cancer)		Super	Premium
IMAGING STUDY	CT Scanner (Cervix, Chest and Abdomen)	●	●
	MRI (Abdomen and Pelvic)	●	●
	Thyroid ultrasound	●	●
TUMOR MARKER	CEA, SCC, AFP	●	●
CYTOLOGY	Sputum cytology, Urine cytology	●	●



(Cardiac, Brain)		Super	Premium
IMAGING STUDY	Cardiac CT (Coronary angiography with contrast media*)	●	●
	Brain MRI	●	●
	Cerebrovascular MRA, Carotid MRA	●	●
	Ultrasound cardiography	●	●
	Carotid ultrasound	●	●
BLOOD TEST	NT-proBNP (Cardiac failure marker)	●	●
	Diabetes Test (Glucose Tolerance Test)	—	●
PHYSIOLOGICAL EXAMINATION	Exercise stress ECG	●	●
	Holter ECG monitoring **	●	●
	Arterial Stiffness Index	●	●
	Bone density test	●	●



**BASIC CHECKUP ITEMS**

\*Contrast cannot be used for those who have asthma or allergy. Please ask our staff for alternatives

\*\*Please kindly visit the clinic on the day before test in order to install a Holter ECG monitor.

Many brain diseases such as subarachnoid hemorrhage or cerebral infarction occur suddenly, and it even claims their lives. This course aim at early detection of risk factor before they notice symptoms. We strongly recommend those who have hypertension, hyperlipidemia, or diabetes to add brain option to your annual checkup.

**Item**

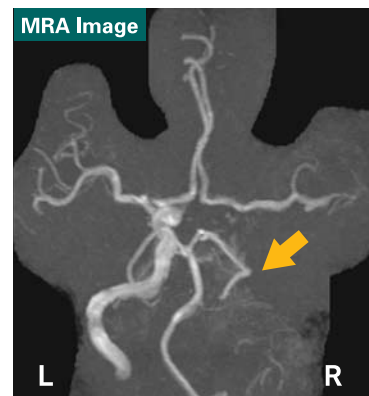
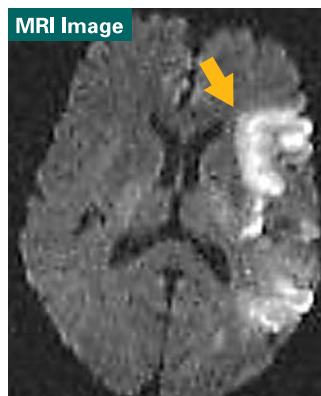
<b>CONSULTATION</b>	Consultation & Interview
<b>PHYSICAL MEASUREMENT</b>	Height, Weight, Blood Pressure
<b>PHYSIOLOGICAL EXAMINATION</b>	ECG
<b>EYE EXAMINATION</b>	Retinal Camera
<b>IMAGING STUDY</b>	Brain MRI
	Cerebrovascular MRA, Carotid MRA
	Carotid ultrasound
<b>CYTOLOGY</b>	MRI (Abdomen and Pelvic)
<b>BLOOD TEST</b>	AST(GOT), ALT(GPT), $\gamma$ -GT, Total protein, Albumin, Total Bilirubin, LDH, ALP, Amylase, Creatinine, Urea nitrogen, Total-cholesterol, HDL-cholesterol, LDL-cholesterol, Triglyceride, Fasting glucose, HbA1c, Uric Acid, Na, Cl, K, RBC, WBC, Hemoglobin, Hematocrit, Platelet count, MCV, MCH, MCHC, Serum iron, Baso, Eosino, Lympho, Mono, Neutro, CRP, HBsAg, HCVAb, RPRAb
<b>OTHERS</b>	Lunch at Grand Hyatt Hotel after checkup

**MRI**



A patient with pacemaker or having any metal in the body cannot take MRI scan

**e.g. cerebrovascular accident**



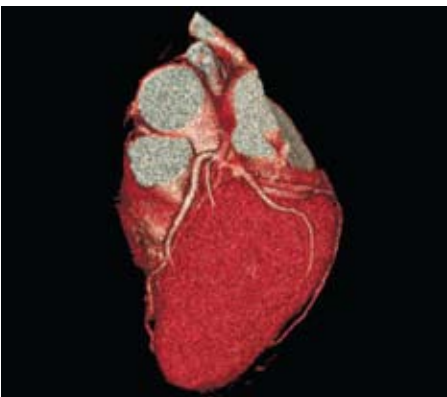
Cardiac disease is two main causes of death with cancer in many developed countries. Specially, heart attack caused by angina and myocardial infarction leads you to immediately fatal. To evaluate the level of arteriosclerosis helps to decrease the risk of heart attack.

## Item

<b>CONSULTATION</b>	Consultation & Interview
<b>PHYSICAL MEASUREMENT</b>	Height, Weight, Blood Pressure
<b>EYE EXAMINATION</b>	Retinal Camera
<b>IMAGING STUDY</b>	Cardiac CT (Coronary angiography with contrast media*)
	Ultrasound cardiography
	Carotid ultrasound
<b>PHYSIOLOGICAL EXAMINATION</b>	ECG
	Exercise stress ECG
	Holter ECG monitoring **
	Arterial Stiffness Index
<b>BLOOD TEST</b>	NT-proBNP, AST(GOT), ALT(GPT), $\gamma$ -GT, Total protein, Albumin, Total Bilirubin, LDH, ALP, Amylase, Creatinine, Urea nitrogen, Total-cholesterol, HDL-cholesterol, LDL-cholesterol, Triglyceride, Fasting glucose, HbA1c, Uric Acid, Na, Cl, K, RBC, WBC, Hemoglobin, Hematocrit, Platelet count, MCV, MCH, MCHC, Serum iron, Baso, Eosino, Lympho, Mono, Neutro, CRP, HBsAg, HCVAb, RPRAb
<b>OTHERS</b>	Lunch at Grand Hyatt Hotel after checkup

\*Contrast cannot be used for those who have asthma or allergy. Please ask our staff for alternatives

\*\*Please kindly visit the clinic on a day before the test in order to install a Holter ECG monitor.



### ■ Cardiac CT

The coronary arteries are examined in detail by three-dimensional display.

# OPTION

## For BASIC CHECKUP

Pelvic MRI

Thyroid ultrasound

Sputum cytology

Tumor Marker (CEA)

Tumor Marker (SCC)

Tumor Marker (AFP)

## For BASIC and CANCER CHECKUPS

Brain MRI/MRA

Carotid ultrasound

Ultrasound cardiography

Exercise stress ECG

Holter ECG monitoring\*

Bone density test

Arterial Stiffness Index

## For SPECIFIC CHECKUP

Visceral Fat Area measurement with CT\*\*

## For ALL CHECKUPS

HIV Test

Rheumatoid Arthritis (RA)

Blood type (ABO, Rh)

Thyroid test (FT3, FT4, TSH)

\* Please kindly visit the clinic on the day before test in order to install a Holter ECG monitor.

\*\*This item listed above can be added on the day. Other items require prior appointment.



# RESERVATION and ACCESS

## Notes

- We do not test those women who are pregnant and suspected of being pregnant to avoid any possible risk.
- If you already have any symptom, please see a doctor before checkups.
- Due to a change of a reagent or guideline of relating organization, the menu or standard range may be changed without any notice.

## Reservation

Please reserve by Phone

# 03-3796-6006

**Open Hours** Monday thru Friday 10:00-18:00, Saturday 10:00-13:00

**Deadline for reservation** 14 days before

**Payment option** Please pay by cash or a credit card (VISA, MASTER) on the day.

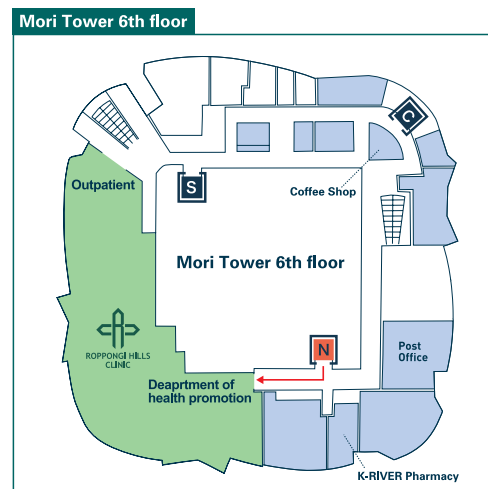
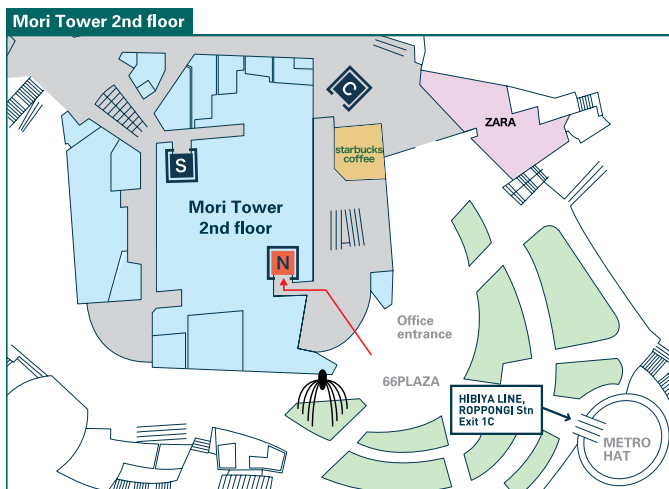
## Access

Roppongi Hills Clinic is located in Roppongi Hills Mori Tower 6th floor.

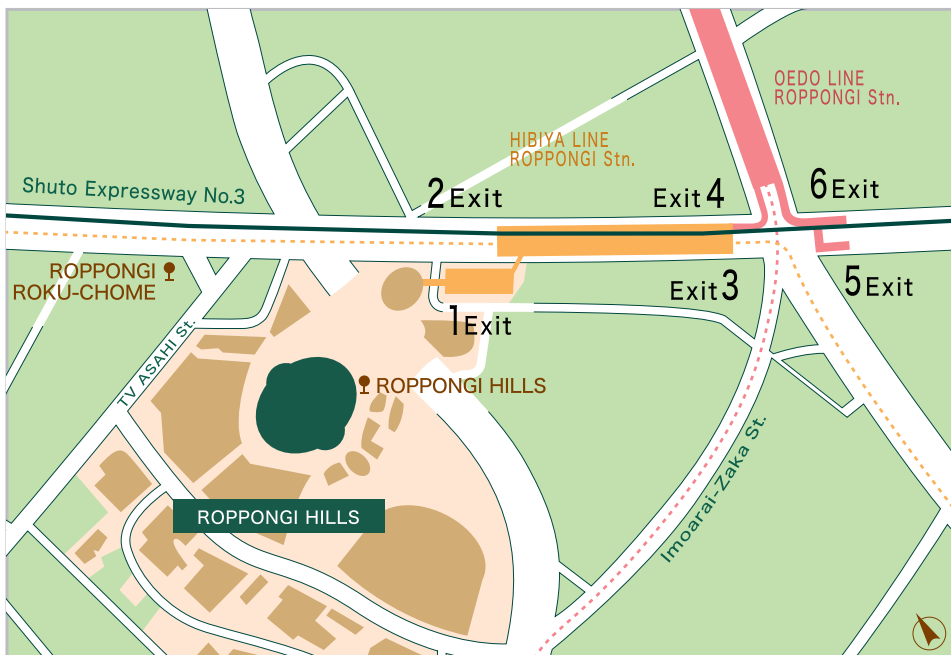
**Route1:** Take “” elevator at Mori Tower office entrance.

**Route2:** Get off at 6th floor, and Health Promotion Center on your right side.

\*The entrance is located on the other side of the outpatient department.



## ACCESS



### Access by train

Tokyo Metro Hibiya Line Roppongi Stn 2 min. walk from Exit 1C (Direct link to concourse)

Toei Subway Oedo Line Roppongi Stn 4 min. walk from Exit 3

### Access by bus

Toei Route 01/88 bus (Shibuya Stn. ↔ Shimbashi Stn.) : Exit at "Roppongi 6-chome"

Toei Route 01 shuttle bus (not direct) (Shibuya Stn. ↔ Roppongi Hills) : Exit at "Roppongi Hills"



## Roppongi Hills Clinic Health Promotion Center

Roppongi Hills Mori Tower 6th floor,  
6-10-1 Roppongi, Minato-ku, Tokyo 106-6106  
Tel:03-3796-6006 Fax:03-3796-1230  
<http://www.66clinic.com/>